

Physical Training Entry and Exit Test

On Monday of the first week of training, a physical training entry test is given to recruits. In order to remain in training, recruits must meet the entry standard for training.

TEST	ENTRY STANDARD
Bench Press	64% of body weight
Sit-up	18 in one minute
300 Meter Run	65 seconds or less
Pushup	20
1.5 Mile Run	17:12

It is the responsibility of the recruit to ensure that they continue to attempt to increase their fitness during the interim from the time they took their original POPS test and the first day of the academy. If an incoming recruit needs assistance with the fitness tests, contact the Physical Training Section at the number listed above. The Physical Training Staff will be glad to provide assistance upon request.

In order to successfully complete Law Enforcement Basic Training, POPS recruits are also required to meet the physical training exit standard.

PHYSICAL FITNESS EXIT TEST

TEST	EXIT STANDARD
Bench Press	73% of body weight
Sit-up	18 in one minute
300 Meter Run	65 seconds or less
Pushup	25
1.5 Mile Run	16:15

Recruits are involved in an exercise program consisting of cardiovascular as well as strength work. Off-duty work is required.